

FORT LAUDERDALE AQUATIC COMPLEX

501 Seabreeze Boulevard
Fort Lauderdale, FL 33316



GROUP SWIM LESSONS

Once-per-week classes meet 30 - 45 minutes

Class Dates - SESSION I: 8 Classes

Sundays: September 10 - October 29
Mondays: September 11- October 30
Wednesdays: September 6 - October 25

Class Dates - SESSION II: 6 Classes

Sundays: November 12 - December 17
Mondays: November 13 - December 18
Wednesdays: November 8- December 20

◆ No Class: Wed 11/22

Rates

8 Classes	30 MIN	45 MIN
Resident	\$64	\$80
Non-Resident	\$96	\$120
Y.E.S.	\$16	\$20

6 Classes	30 MIN	45 MIN
Resident	\$48	\$54
Non-Resident	\$72	\$90
Y.E.S.	\$12	\$15

CLASS DESCRIPTIONS & TIMES

Parent Toddler *Ages: 6 mos - 3 yrs*

Parent accompanies child in water; emphasis on child and parent basic aquatic/safety skills. 30 minutes.

- Sundays: 9:00 - 9:30 a.m.
- Sundays: 10:30 - 11:00 a.m.
- Mondays: 3:30 - 4:00 p.m.
- Wednesdays: 3:30 - 4:00 p.m.

Level 1 - Intro to Water Skills *Age: 3-12*

Skills include breath control, kicking, and floating; simple stroke technique introduced. 30 minutes.

- Sundays: 9:45 - 10:15 a.m.
- Sundays: 11:15 - 11:45 a.m.
- Mondays: 4:15 - 4:45 p.m.
- Wednesdays: 5:00 - 5:30 p.m.

* Level 2 - Fundamental Aquatic Skills *Age: 3+*

Builds on Level 1 skills adding arm strokes for front and back, turning over, and basic safety skills. 30 minutes.

- Sundays: 9:15 - 9:45 a.m.
- Sundays: 12:00 - 12:30 p.m.
- Mondays: 5:00 - 5:30 p.m.
- Wednesdays: 4:15 - 4:45 p.m.

* Level 3 - Stroke Development *Age: 4+*

Continued skill development of freestyle and backstroke, reversing direction and safety, introducing dolphin kick, and diving. 45 minutes.

- Sundays: 10:00 - 10:45 a.m.
- Mondays: 5:45 - 6:30 p.m.

* Level 4 - Stroke Improvement *Age: 4+*

Freestyle and backstroke, open turns, side-stroke, elementary backstroke, basic breast-stroke, butterfly, and diving. 45 minutes.

- Sundays: 11:00 - 11:45 a.m.
- Wednesdays: 5:45 - 6:30 p.m.

Adult Level 1 *Ages: 13+*

For beginner swimmers. Skills include breath control, kicking, and floating; simple stroke technique emphasized. 45 minutes.

- Sundays: 12:00 - 12:45 p.m.
- Wednesdays: 6:30 - 7:15 p.m.



SWIM TESTS *

Required for placement in
class Level 2 and higher.

Monday - Thursday: 4:00 p.m.; 4:45 p.m.
Sundays: 12:45 p.m.

* SFTL Level 5 - Stroke Refinement

Provides further coordination and refinement of strokes. Must be able to swim 1 lap each of freestyle and backstroke. Emphasis is on butterfly and breaststroke. Class meets once-per-week.

Practice Options (choose one):

Option 1: Tuesdays, 5:30 - 6:30 p.m.

Option 2: Saturdays, 11:00 - 12:00 p.m.

Monthly Fee: \$60

Basic Diving Skills Class Age: 4+

1 hour group instruction on basic diving and head-first pool entries. Includes entries from the side of the pool and 1 and 3 meter springboards.

- Sunday, August 13: 10:00 - 11:00 a.m.
- Sunday, October 15: 10:00 - 11:00 a.m.

WEATHER CANCELLATIONS

Classes may be cancelled due to lightning within 10 miles or for cold temperatures below 55F. Lightning cancellations are typically made no more than 30 minutes prior to the start of class, cold weather cancellations the day before the class. Participants will be notified via telephone; or you can always call us!

Weather Questions?

(954) 828-4588



POLICIES

- Classes filled on a first-come, first-served basis.
- Classes are subject to cancellation due to weather or other unforeseen issues.
- Refunds for missed classes are NOT issued.
- To ensure our class prices remain as affordable as possible, we cannot offer make-up lessons for any reason. This will prevent your scheduled class from being disrupted to adjust to new swimmers. For more information, please review our policies at: www.fortlauderdale.gov/aquatics

REGISTRATION

Session I: July 26
Session II: September 27

Online: Current account holders may register at: www.fortlauderdale.gov/webreg. For new accounts, registration is required at a Parks and Recreation facility.

Payment: Cash, Check, Visa, MasterCard, or American Express at the Fort Lauderdale Aquatic Complex, 501 Seabreeze Blvd.

Monday - Friday: 8:00 a.m. - 7:00 p.m.

Saturday/Sunday: 8:00 a.m. - 12:30 p.m.

Photo ID required for registration.

Youth Enrichment Scholarship

The Parks and Recreation Department offers a 75 % discount to children who reside in the City of Fort Lauderdale and participate in the Broward County Free and Reduced Lunch Program.



Fort Lauderdale Aquatic Complex

501 Seabreeze Boulevard
Fort Lauderdale Beach
(954) 828-4580

Swim Lessons

Parent & Toddler

Level 1

Level 2

Level 3

Level 4

SFTL - Level 5

Adult Level 1

Fall 2017



www.fortlauderdale.gov/swim